#### AT THE PANORAMA.

Leicester Square in London, has long been known as a resort for political refugees from all parts of Europe. The centre of the square is occupied by a small park and here may be seen on any fair day, which in London means a day when it does not actually rain, men from almost every country in Europe, French, Russian, German and Italian; Nihilist, Communist and all the other "ists' fraternize here discussing their various plans for turning the would upside down, until their heads are as beclouded as the sky above them. However, I do not intend to discuss the political factions of Europe, but simply to relate an incident that occurred in Leicester Square, at the Panorana of the Battle of Balaclava.

Hearing that the Panorama was an unusually good one, we decided to visit it. Entering the building we passed through a long dark passage and up winding stairs, at the head of which we found ourselves among quite a company of people. The location of the various divisions of the allied armies and the moveme ts of the troops were being described by a man with a gray moustache, wearing the undress uniform of a trooper, viz., red jacket, dark pants and small cap, which set off to the best advantage a tall soldierly looking figure. We had only time for a general view of the picture before the description or lecture began. On entering the platform which was supposed to represent one of the hills in, the neighborhood of the great battle, the ancient town of Balaclava was seen in the distance and the English and French ships of war at anchor in the Bay. Then ranging around to the right were batteries of artillery and regiments of infantry and cava ry Still farther to the right was seen with startling vividness a young officer who had received his death wound, falling from a running horse. His name was Captain Nolan. He had just delivered to Lord

the order which led to the hopeless, but famous "Charge of the six hundred," and wasreturning to his place on the commanding General's staff when the fatal bullet struck him. He was referred to by the speaker as an active and gallant young officer. Still farther on was seen the main feature of the picture, the tremendous charge of the six hundred. They are engaged in the deadly hand to hand struggle with the swarming hordes of Russians. After looking at this part of the scene for a few minutes we instinctively singled out different troopers among the "six hundred," trying to follow their desperate struggle for life. And when the old soldier in the course of his explanation remarked, "I say we because the speaker had the honor of being one of that gallaut band, it sent a thrill through the little company who were following with deep interest his account of the

On first viewing the Panorama our attention was attracted to a tall, powerfully built man, who was evidently one of the many foreigners living about the Square. His swarthy complexion, together with a certain sinister look in the eyes suggested all manner of evil deeds. It was only a short time after the killing of Alexander of Russia by the Nihilists, and the day before we had looked upon the death bed scene at "Madam Taussauds Wax Works." We are accor ingly in a frame of mind to surround our Russian, for so we decided him to be, with an atmosphere of nitro glycerine, secret batteries, etc.

As the description of the battle proceeda ed and the futile efforts of the Russian Army were referred to "Our Russian" began to get angry, and showed his evil na-· ture by low mutterings. As no atten ion was paid to him he grew bolder, and finally contradicted the speaker. This also was allowed to pass unnoticed. When another unsuccessful attempt of the Russian army was mentioned he broke out in such a manner that the lecturer paused and told him that he was insulting the audience and speaker and that he must stop. Cries of "hear" showed that the speaker had the sympathy of the gentlemen in the audience. The Russian scowled and for a time relieved his feelings by throwing the shells of the nuts, which he was eating in large quantities, in a very contemptuous manner at different parts of the picture. He soon broke out again, however, and this time very savagely. The old soldier stopped and turned upon the Russian, while his eyes flashed as though he thought of the thousands he had faced in that tremendous charge, and said to him in a short decided manner that he must either leave the building or be quiet. A little crowd gathered around the two men, while those of us on the outer edge cried lustily "put him out," "out with him," "hear, hear" etc. One man, however, with a very solemn face an carrying an enormous ean's stepped to the soldier's side as the Russian quieted down.

The lecture was soon concluded, and we left the place feeling that we had been in the thick of the battle. In fact it seemed quite strange on reaching the street to find the world still moving on as usual.

#### The Bayeux Tapestry. Scribner's Magazine

There has been some controversy as to the maker of this tapestry, and as to its exact date. It is attributed by popular tradition to Matilda, wife of William the Conqueror, who is supposed to have worked it, with her ladies, to commemorate the glories of her husband. Some writers suppose it to have been made at a somewhat later date than that of her lifetime. Mr. Freeman, however, probably the best authority on the subject, assigns the work to a period little after that of the conquest. but does not attribute its manufacture to the queen. The tapestry was worked, as he thinks, for Ode, Bishop of Bayeux, half-brother to William on the mother's side. There are some reasons to suppose that English workmen were employed. Ode appears at least four times in the tapestry, and several of his vassals, other. wise almost unknown men are represented-The tapestry itself was exhibited in the cathedral of Bayeux down to the time of the French Revolution, being stretched round the nave on certain feast days. During the eight centuries which have elapsed since its completion it has escaped many dangers. The church was burned in 1106. It was pillaged by the Calvinists in 1562. In 1792 the tapestry narrow. y! escaped being cut up into coverings for

carts for the French Revolutionary army In 1803 it was carried to Paris and exhibited in the Musee Nap leon, to fire the French heart for a new conquest of England On being returned to Bayeux the tapestry was would on two cylinders or windiasses in the town-hall and roll from one to the other for the inspection of the curious. By this process it became somewhat frayed, especially near the ends. It was not until 1842 that the priceless relic was displayed to students and the public, under glass, in a special museum of its own. Thence it was again removed, in 1871, on the approach of the Prussian invaders. It was soon brought back, however, and stretched again in its museum, where it has been carefully copied several

#### The After Dinner Nap. From the Portnightly Review.

There is much difference of opinion con cerning the desirability of an after dinner Thos who advocate it cite the example of animals, but these gorge themselves with food whenever opportunity offers, and are heavy and drowsy in conse quence. A short rest, however, in different from lethargic sleep, and often appears to do good. Br in work should certainly be forbidden after dinner; the interval between it and bedtime should be devoted to recreation and amusement. In the case of elderly people a short nap after a late dinner often helps digestion, but as a general rule it is better for such persons to make their principal, meal at 2 o'clock p. m. The digestive powers of most elder-

ly people are at a ebb in the evening. When sleeplessness is troublesome relief should be sought for in the discovery and removal of the cause whenever possible. The condition is often due to indigestion, and when this is the case the ordinary remedies for inducing sleep are worse than useless. The nervous relations between the brain and the stomach are so intimate that disorder of the one organ is almost certain to affect the other. Excitement, werry and anxiety, which have their seat in the brain, interfere with the fu ctions of the stomach, and in like manner anything that unduly taxes the power of or irritates the stomach disorders the circulation and nutrition of the brain. The sleeplessness often complained of by gouty persons is due to the poisonous effect of the morbid material upon the nervous system. Excessive smoking, too much alco-

hol, tea and coffee, often resorted to by over-worked persons, are frequent causes of sleeplesness In all these cases the cause is removable, while the effect may be counteracted by appropriate treatment. Nothing is more mischievous, h wever, han to continue the habits and to hav recourse to drugs to combat the effects. A due amount of exercise tends to induce normal sleep, and such exercise need not be of a violent character. A walk of two or three miles daily is sufficient, and is, perhaps, as much as a busy man can find time for. A ride on horseback, the Palmerstonian cure for gout, is perhaps the best form of exerc se for those whose mind are constantly at work. It has been well said that a man must come out of himself when in the saddle; he is forced to attend to his horse and to notice the objects he meets. Walking may be a merely automatic process, and affords little, if any relief to the mind, and carriage exercises may be practically valueless if the mind

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